

Clarificati on

ADAPT Program

59th MDW

What are “values”?

- **A principle, standard, or quality regarded as worthwhile or desirable – “moral values”**
- **Worth in usefulness or importance to the possessor – the value of a college education, job, position, title, or etc.**

The average person doesn't think about their personal value system everyday.

- Do you wake up everyday & focus on your values? *When do you?*
- Does what you say & what you do conflict with each other?
- How does what got you here reflect your current values?
- Need frequent re-evaluation instead only being prompted by life events

You Choose Your Personal Value System

- Where did you get your value system?
- You choose to continue that value system or not.
- Can anyone make you value the AF Core Values?

**say & what you do
don't match up,
then your system
is in conflict. In
conflict, either
you and/or
someone else**

You Define Values Differently Than People Around You

- Spouse & children /mother, father, & siblings/extended family & close friends
- Focus on emotional support or necessities
- Disciplinary aspects, boundaries, teaching

HOW DO YOU DEFINE YOUR VALUES?

**You need to know this to help you
understand your value-related behaviors
& their consequences in your life**

Other People's Values

- Since we all define values differently, we need to:
 - Communicate to understand others
 - Don't assume others' values are the same as yours - ASK!
 - Work with tolerance & patience on differences
 - When in doubt, CLARIFY!

EXERCISE

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The Good News

Is:

- We all have different values
- If we don't clarify, identify, & discuss those differences, conflict will arise
- If you have a conflict between your values & behaviors, then you can change and reconcile

***I thank you
for your
time and
attention!***

Any

questions?